

# Yoga Programs

## Lake Johnson Park: Thomas G Crowder Woodland Center

**Advance registration is required for all programs. Register online at [reclink.raleighnc.gov](http://reclink.raleighnc.gov)**

### Therapeutic Renewal Yoga

Ages 16+ Stretch. Breathe. Release tension. Thought you could not do yoga? This class can benefit those who are new to yoga or are looking for a safe, gentle, accessible way to explore yoga poses,, breathing techniques and relaxation practices. TJ Martin is a registered yoga teacher at the 500-hours level and an integrative yoga therapist and has been a yoga instructor for Pink Ribbon Retreats since 2005.

#### Tuesdays 9:30 - 11:30 AM

#231491	January 8 - February 19	Course Fee: \$70 (Resident), \$85 (Non-Resident)
#231492	March 5 - April 23	Course Fee: \$80 (Resident), \$95 (Non -Resident)

### Adaptive Chair Yoga

Ages 18yrs and up. This class is for anyone who wants to experience the benefits of yoga and have fun. There will be many variations of postures with or without the chair to help relax tense muscles, stabilize joints, and strengthen the body. Adaptive Chair Yoga can also improve balance, digestion, circulation, and reduce high blood pressure, as well as anxiety. You will learn gentle breathing techniques, and ways to calm the mind. Certified Yoga Instructor: Tina Stephens. \$40 (Resident), \$55 (Non-Resident).

#### Tuesdays 6 - 7 PM

#230616	January 8 - February 5
#230617	February 19 - March 19
#230618	April 2 - 30

### All Levels Yoga

Ages 16 - 65yrs. This class is for those seeking to unwind the body and mind after a long day. During class you will build internal heat and focus, strength and flexibility. Class will start with conscious breathing and gentle stretches, progressing to more active, fluid styles of yoga. Class will incorporate standing postures and balance work. Expect to be challenged but leave feeling refreshed, relaxed and centered. Modifications for some poses will be offered so you can choose to work at the level appropriate for you. Previous yoga experience is recommended. Certified Yoga Instructor: Jenny Turnage. \$60 (Resident), \$75 (Non-Resident)

#### Thursdays 6:30 - 7:30 PM

#231952	January 3 - February 7
#231953	February 21 - March 28
#231954	April 11 - May 16

### Restorative Yoga

Ages 18+ Slow down your evening and enjoy poses supported by props such as blankets, straps, and eye pillows. This class will take you through a sequence of restful postures, in which you are supported by props and encouraged to find comfort and ease in your body. These restorative poses along with basic breathing techniques and gentle stretches, serve to calm the nervous system and promote relaxation and deep healing on all levels. Restorative yoga is a slow and still practice that focuses on passive poses that help to heal the effects of chronic stress on the body, mind, and spirit. It is an excellent practice for those recovering from illness or injury, or anyone living with chronic pain. Instructor: Tina Stephens. \$10

#### Mondays 6 - 7 PM

#230619 January 7	#230621 February 4	#230623 March 11	#230625 April 8
#230620 January 28	#230622 February 25	#230624 March 24	#230626 April 29



**RALEIGH** Parks,  
Recreation and  
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